



July 2018

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 July 11, Fire Station 1. Topic: Ropes & Knots.
 Meeting starts at 6:00 with doors open at 5:30 PM.

Leadership Meeting:
 July 25, Fire Station 1. Topic: Parade AAR.
 Meeting starts at 6:00 with doors open at 5:30 PM.



Guilt-free Sunscreen

In 2015, a team of scientists studying seven types of coral around the U.S. including Hawaii, the Virgin Islands, and Israel found that oxybenzone (found in sunscreen) induces coral bleaching (which ends in certain death for the marine invertebrate), prevents coral from reproducing, and is a photo-toxicant - the chemical's effects are intensified when it is coupled with sunlight. Oxybenzone is not only harmful to reefs; other studies have linked it to breast cancer and deformities in newborns.

The study, published in the Archives of Environmental Contamination and Toxicology, found that it only takes one drop of oxybenzone-containing sunscreen to damage an ocean area the size of six-and-a-half Olympic swimming pools; an estimated 14,000 tons of sunscreen enters the oceans each year on swimmers and snorkelers and through shower drains.

Coral reefs are among the world's most diverse underwater ecosystems, housing 25 percent of the ocean's life and providing a cumulative \$3.4 billion in food, jobs, tourism, and shoreline protection annually just in the United States alone, according to the National Oceanic and Atmospheric Administration. The fragile ecosystems have been up against a lot lately, and these recent grim findings sound like the final nail in the coffin for them.

An active ingredient called oxybenzone (or BP-3), is found in many common over-the-counter sunscreens. The FDA-approved, UVA and UVB ray-absorbing chemical has been commonly used in sunscreen and skincare products for over 40 years. But there is hope. The study also determined that oxybenzone damage is mostly concentrated in heavily-touristed areas, so by forgoing chemical sunscreens in favor of nontoxic mineral sunblocks, travelers could play a major role in helping to save the coral reefs. Chemical sunscreen is not the only thing damaging coral reefs, but it is a cause that travelers and the tourism industry have the most power to change. Giving the reefs a greater chance of survival is as easy as reaching for a different bottle in the sunscreen section.



Guilt-free Sunscreen *cont...*

What you should you know about your sunscreen:

UVB and UVA protection is necessary in protecting you against the damaging effects of the sun. Sunscreen should be used as part of a comprehensive strategy that includes limiting exposure to the sun's harmful rays by staying in the shade and wearing loose-fitting, comfortable clothing on land (broad-brimmed hats and long-sleeved shirts and pants), and dive skins, or rash guards, while enjoying water-based activities.

Sunscreens containing oxybenzone make up about 70 percent of the sunscreen on the market today.

Dr. John Fauth, an associate professor of biological sciences at the University of Central Florida and a researcher in the 2015 coral reef study, says to look for mineral sunblocks that contain zinc oxide or titanium dioxide in non-nano form, which is considered safest for both coral and human. Another words, look for labels that list zinc oxide or titanium dioxide as active ingredients.

Sunscreen can be ordered on-line. Most coral-safe brands are comparable in cost. Many communities are providing free coral-safe dispensing mechanisms in the areas of high tourism and increased harm to the coral reef for public use.

Volunteers can do their part and voluntarily choose coral-safe alternatives in their daily sun protection practices. Thank a volunteer for being so mindful and enjoy a guilt-free afternoon in the sun.

https://www.afar.com/magazine/what-travelers-need-to-know-now-about-their-sunscreen?utm_source=Sailthru&utm_medium=email&utm_campaign=60118%20sunscreens%203x&utm_term=Daily%20Wander%20Newsletter

Charlie Delgado's Poem - First Responder

Having a positive attitude can have a tremendous impact on our lives.

Having a positive attitude can be more important than facts, the past, education, money, circumstances, failures, what other people think or say or do. Having a positive attitude enhances appearance, natural gifts and skill. It can make all the difference in a home, a church or a company. We are not given a positive attitude. Rather, we choose to have a positive attitude each and every day.

Having a positive attitude can produce positive behaviors and positive results. Positive behaviors can create new possibilities where undesirable outcomes appear inevitable. Having a positive attitude allows us to focus on what is happening now, and what will happen as a result of our actions, rather than what has happened or other people's behavior.

We've all heard the expression, "Life happens." Having a positive attitude is about how we respond to life.

Responding with a positive attitude can affect how others respond to us.

When we respond by having a positive attitude, our whole world can change.

Fireworks Prohibited in Ashland

The use of retail fireworks are prohibited throughout the year within the City of Ashland - per Ashland Municipal Code 15.28-070(C). Ashland Fire & Rescue asks residents to comply with the ordinance in an effort to reduce fires, injuries and risk to our city's

natural resources.

The use of any spark producing item which causes a fire is always prohibited. You can be held financially responsible for fire damage and the costs of fire suppression caused by negligent use of fireworks.

Additional Training Opportunities

Upcoming opportunities exist including:

ALICE presented by APD | Sunday, July 1 | 9am | Station 1

Refresher Training | Medical focus | Saturday, July 21 | 9am | Station 1

CPR Training | Non-certification | Wednesday, August 15 | 6pm | Station 2

Opening Bases | Saturday, September 22 | 9am | location(s) TBA

COA EOC Tabletop Exercise | Wednesday, September 26 | SAVE THE DATE

TEEX Wide-Area-Search | Friday, Saturday, and Sunday, November 2, 3, and 4 | 620 Antelope Road - White City



All courses have a minimum participation requirement and a deadline to RSVP. Check your calendars today!

Volunteer Opportunities

Volunteers needed to assist in the Fourth of July activities. Contact the CERT Office to learn more. Lots of opportunities throughout the day exist.

The Chamber of Commerce is requesting Fireworks clean-up assistance Thursday, July 5 at the SOU Football and Softball fields. Clean-up begins at 7:30 AM. The Chamber provides coffee, pastries, and PPE for those responding.

American Heart Association First Aid CPR Certification Course

HeartSaver First Aid, CPR, AED, is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 8 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

*Upon successful completion, students will receive an American Heart Association HeartSaver First Aid, CPR, AED Course Completion Card that is valid for two years.

When: Saturday, July 14

Where: Ashland Fire Station 2

Time: 9am-5pm

Cost: \$55

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 9 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the CPR Program Coordinator
541-552-2226 | cpr@ashland.or.us

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.



CERT 2018 Calendar of Events

| January 2018 | February 2018 | March 2018 |
|---|---|--|
| General Meeting - January 10 <i>(Bleeding Control)</i> Personal Protection Training- January 13 Leadership Meeting - January 24 | General Meeting - February 14 <i>(CERT Go-Bags / Backpacks)</i> Leadership Meeting - February 28 <i>(CERT Member Handbook)</i> | General Meeting - March 14 <i>(Radio Communications)</i> Alternative Routes & Access - March 17 Leadership Meeting - March 28 Volunteer Day - March 31 |
| April 2018 | May 2018 | June 2018 |
| Basic Training - April 5, 6, 7, 19, 20, 21 General Meeting - April 11 <i>(CERT Skills)</i> Leadership Meeting - April 25 <i>(Basic AAR)</i> | General Meeting - May 9 - <i>(Basic Graduation)</i> Mother's Day Pancake Breakfast - May 12 Leadership Meeting - May 23 <i>(Campout Planning)</i> | Emigrant Lake Campout - June 2-3 General Meeting June 13 <i>(Evacuation Training)</i> Leadership Meeting - June 27 <i>(Planning for 4th of July & Campout AAR)</i> |
| July 2018 | August 2018 | September 2018 |
| APD presents ALICE - July 1 Parade Support - July 4 General Meeting - July 11 <i>(Ropes & Knots)</i> Basic Refresher - July 21 Leadership Meeting - July 25 <i>(4th of July AAR)</i> | General Meeting - August 8 <i>(ICS)</i> CPR Night - August 15 (6pm) Station 2 Leadership Meeting - August 22 <i>(Basic Planning)</i> | General Meeting - September 12 <i>(Cribbing Techniques)</i> Opening Bases - September 22 Family & Friends CPR - September 15 Leadership Meeting - September 26 |
| October 2018 | November 2018 | December 2018 |
| Basic Training - Oct. 4, 5, 6, 18, 19, 20 JCFD5 Open House - October 10 - (5pm-7pm) Leadership Meeting October 24 <i>(Basic AAR)</i> | Wide Area Search - November 2-4 General Meeting - November 14 <i>(Basic Graduation)</i> Leadership Meeting - November 28 <i>(Annual Training Planning Session)</i> | CERT Year in Review December 12 - 6:00 to 8:00 PM No Meetings Holiday Season ~ Training Stand Down |

Note: General meetings are open to the public. Doors open at 5:30pm. Meetings are from 6-8:30pm at Fire Station1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: